



Summer Food Service Program (SFSP) Meal Pattern¹

Food Components	Breakfast	Lunch or Supper	Snack ² (Choose two of four)
Milk Milk, fluid	1 cup (8 fl. oz.) ³	1 cup (8 fl. oz.) ⁴	1 cup (8 fl. oz.) ³
Vegetables and/or Fruits Vegetable(s) and/or Fruit(s) or Full-strength vegetable or fruit juice or An equivalent quantity of any combination of vegetable(s), fruit(s), and juice	$\frac{1}{2}$ cup $\frac{1}{2}$ cup (4 fl. oz.)	$\frac{3}{4}$ cup total ⁵	$\frac{3}{4}$ cup $\frac{3}{4}$ cup (6 fl. oz.)
Grains/Breads ⁶ Bread or Cornbread, biscuits, rolls, muffins, etc. or Cold dry cereal or Cooked pasta or noodle product or Cooked cereal or cereal grains or An equivalent quantity of any combination of grains/breads	1 slice 1 serving $\frac{3}{4}$ cup or 1 oz. ⁷ $\frac{1}{2}$ cup $\frac{1}{2}$ cup	1 slice 1 serving $\frac{3}{4}$ cup or 1 oz. ⁷ $\frac{1}{2}$ cup $\frac{1}{2}$ cup	1 slice 1 serving $\frac{3}{4}$ cup or 1 oz. ⁷ $\frac{1}{2}$ cup $\frac{1}{2}$ cup
Meat and Meat Alternates Lean meat or poultry or fish ⁸ or Alternate Protein Products ⁹ or Cheese or Eggs or Cooked dry beans and peas or Peanut butter or soynut butter or other nut or seed butters or Peanuts or soynuts or tree nuts or seeds or Yogurt, plain or flavored, unsweetened or sweetened or An equivalent quantity of any combination of the above meat and meat alternates	(Optional) 1 oz. 1 oz. 1 oz. $\frac{1}{2}$ large egg $\frac{1}{4}$ cup 2 Tbsp. 1 oz. 4 oz. or $\frac{1}{2}$ cup	2 oz. 2 oz. 2 oz. 1 large egg $\frac{1}{2}$ cup 4 Tbsp. 1 oz. = 50% ¹⁰ 8 oz. or 1 cup	1 oz. 1 oz. 1 oz. $\frac{1}{2}$ large egg $\frac{1}{4}$ cup 2 Tbsp. 1 oz. 4 oz. or $\frac{1}{2}$ cup

¹ The meal pattern chart shows the minimum amounts of each component that must be made available to each child in order to claim reimbursement for the meal. Children may be served larger portions but not less than the minimum quantities specified.

² Serve two food items. Each food item must be from a different food component. Juice may not be served when milk is served as the only other component.

³ Shall be served as a beverage, or on cereal, or use part of it for each purpose.

⁴ Shall be served as a beverage.

⁵ Serve two or more kinds of vegetable(s) and/or fruit(s) or a combination of both. Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement.

⁶ All grain/bread items must be enriched or whole-grain, made from enriched or whole-grain meal or flour, or if it is a cereal, the product must be whole-grain, enriched or fortified. Bran and germ are credited the same as enriched or whole-grain meal or flour.

⁷ Either volume (cup) or weight (ounce) whichever is less.

⁸ Edible portion as served.

⁹ Alternate Protein Products must (1) be processed so that some portion of the non-protein constituents of the food is removed, (2) have a biological protein quality of at least 80 percent that of casein as determined by PDCAAS, and (3) contain at least 18 percent protein by weight when fully hydrated or formulated.

¹⁰ At lunch or supper, no more than 50% of the requirement shall be met with nuts or seeds. Nuts or seeds shall be combined with another meat/meat alternate to fulfill the requirement. When determining combinations, 1 ounce of nuts or seeds is equal to 1 ounce of cooked lean meat, poultry or fish.